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Monday, August 12, 2013 www.metro.us | t: MetroPhilly | f: MetroPhilly

BARRIERS AND BURRITOS

Fast food. Drive through the KFC/Taco Bell near West Allegheny Avenue and pay without touching your clerk.
Etiquette. Experts say elaborate security devices make fast food restaurants hard targets for criminals. PAGE 02

Get your meal, but not human interaction, at the KFC/Taco Bell on North Broad Street. / RIKARD LARMA, METRO

Jabari the gorilla may be a father after all

PAGE 06

Is Scott Disick Mason's real dad?

PAGE 10

Odenkirk would do 'Breaking Bad' spinoff

PAGE 14

How to resist that pesky box of cookies

PAGE 16

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1 NEWS

Top 3

Trending online at Metro.us

1 VIDEO: 'Anthony Weiner mocks British TV reporter'

2 'Couple faces 90 days in prison for oral sex on flight'

3 VIDEO: 'Twogging is here, new version of doggy style'

Local tweet

"Did you know Philadelphia has no sales tax on clothes or shoes? Enjoy!"

@PHLVisitorCntr, encouraging city dwellers to go shopping yesterday

What the new drive-thru window says about us

Protect and serve. How far will fast food joints go to protect themselves in high-crime areas?

The clear contraption places a barrier between customer and clerk. / RIKARD LARMA, METRO

Pull around to the window at the KFC/Taco Bell on North Broad Street and you'll meet The Contraption.

The hulking clear drawer attached to the drive-thru window at the restaurant near West Allegheny Avenue is a preventive measure typically used by banks, a barrier between the customer and the clerk.

There is no face-to-face interaction. Customers stuff their money into the drawer, and the clerk pushes the food back out.

Is the extent a fast-food chain will go to protect its stores really an indictment of this city?

Ben Mannes, an expert on security measures, said this is not a recent development.

"So it's not that new and sophisticated other than the fact it's in a place that you wouldn't expect to see it," he said. "It's just you're seeing it at a Taco Bell and you're going, 'Wow, really, for an 89-cent beef burrito?'"

Mannes volunteers with Philadelphia InfraGard, a partnership between private industry and the FBI, to share information about how to best to protect precious information.

His day job is director of test security for the American Board of Internal Medicine, and he worked 10 years with the Washington, D.C., Metropolitan Police Department.

He said these drawers have been in operation for about 20 years.

"But the concept of protecting these late-night establishments the way you would protect a bank goes back well into the crack explosion, which was the tremendous surge in violent crime in the late '80s and early '90s," Mannes said.

"And it's a local response to that," he added. "How do you keep your business open so you can stay in business and try to keep yourself from becoming a target at the same time?"

He has worked in poverty-stricken, high-crime areas where businesses had the same devices at drive-thru windows. And it has been used in the past 12 years in high-crime areas to harden targets. It's essentially an anti-robbery device, he said.

Yum! Brands, Inc., which owns and operates Taco Bell and KFC, did not return repeated requests for comment.

Bulletproof drive-thru glass can cost anywhere from $25,000 to $30,000.

"It's not just the fast food place," Mannes said. "Look, there is the appearance of security and there's real security. Some of the blatant appearances of security that you see that are really quite ineffective dictate the class that lives there.

"And it's kind of a sad indictment on the lowering of the quality of life in a lot of these communities because you'd be surprised what people would rob and steal as opposed to what you'd think they'd rob and steal."

TOMMY ROWAN
tommy.rowan@metro.us

By the numbers

Crime statistics compiled by Philadelphia police:

- **Violent Crime:** 15 homicides from 6/10 to 7/7 and 27 from 7/8 to 8/4
- 222 robberies with a gun from June 10 to July 7 and 200 from July 8 to Aug. 4
- 164 aggravated assaults with a gun from June 10 to July 7 and 195 from July 8 to Aug. 4
- **Property Crime:** 127 non-residential burglaries from June 10 to July 7 and 125 from July 8 to Aug. 4
- 509 retail thefts from June 10 to July 7 and 606 from July 8 to Aug. 4.

Quoted

"People go to what they know. So if the Taco Bell is in your community at 2 a.m., you're going to rob that." Ben Mannes

Gunfire. Weekend shootings wound five people in six hours

Five people were injured during three separate shootings Friday night through Saturday morning. Police said two men, ages 20 and 21, were hospitalized in critical condition after they were shot shortly after 9 p.m. Friday inside a playground at Lower Mayfair Recreation Center.

A 26-year-old man was in stable condition after he was shot about 2 a.m. Saturday outside an Olney apartment complex. Just 45 minutes later, two teens — both 17-year-old males — were shot in Juniata Park and hospitalized in stable condition.

ALEX WIGGLESWORTH

Don't delay

Schools need $50M or won't open on time

Schools Superintendent William Hite laid down the gauntlet one month before summer vacation is set to end: Pay up, or we don't open.

Hite said Thursday that schools will not open on Sept. 9 unless he is sure the district will receive $50 million. Hite said if he does not receive confirmation by Aug. 16, the district will postpone the opening of its 218 district schools to a later date.

Superintendent William Hite
RIKARD LARMA

Other options include only opening a few schools, or running them on half-day schedules.

The district started with a $304 million budget gap, and so far has been promised about $112 million.

Contract concessions by the teachers union remain a sticking point in closing the deficit.

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Country music fan faces new bias charges

Slurs. Police arrested a man after he allegedly yelled racist slurs in Camden — again.

Camden County police on Saturday arrested Darren Walp, 33, of Ridley Park, after he allegedly shouted racial slurs near a country music concert — for the second time in less than two months.

"We never want to see this individual in the city of Camden again," Police Chief J. Scott Thomson said in a statement. "Therefore, I will ask the Susquehanna Bank Center to permanently ban this individual from their venue."

Darren Walp
CAMDEN COUNTY POLICE DEPARTMENT

Walp was traveling to a Blake Shelton concert when about 3:30 p.m. he got out of his pickup near Broadway and Morgan streets to get a beer from a cooler located in the truck's rear bed. "With no provocation, he began screaming racial slurs at the driver of a vehicle behind him, an African-American male who had a small child in his car," police said in a release. Walp allegedly challenged the victim to get out of his car but the man instead drove away and flagged down a nearby officer, who took Walp into custody at the concert.

The bias intimidation arrest wasn't the country music fan's first.

He was on June 22 taken into custody at a Toby Keith concert in Camden after allegedly climbing the fence of a nearby housing complex, waving a Confederate flag and shouting slurs at residents.

ALEX WIGGLESWORTH
awigglesworth@metro.us

NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD
PHILADELPHIA HOUSING AUTHORITY

The Philadelphia Housing Authority (PHA) is a participant in the Moving to Work Demonstration Program (MTW). PHA was initially selected to participate in the MTW Program in 2001. In October 2008, PHA entered into an Amended and Restated Moving to Work Agreement ("MTW Agreement") with the US Department of Housing and Urban Development ("HUD"), which has subsequently been further amended.

The MTW Agreement defines the terms and conditions under which PHA is a participant in the MTW Program. The MTW Agreement requires that PHA submit an MTW Annual Plan for HUD review and approval. PHA's current MTW Annual Plan for MTW Year Thirteen (PHA Fiscal Year 2014) was approved by HUD on May 30, 2013.

PHA is seeking public review and comments on two proposed actions relative to the MTW Program:

- **Amendment to the MTW Agreement** – The proposed amendment to the MTW Agreement will provide PHA with additional flexibility in utilizing Replacement Housing Factor funds received by PHA from HUD.
- **Amendment to the MTW Year Thirteen Annual Plan** – The proposed amendment to the MTW Annual Plan will: 1) Establish that PHA may apply to convert one or more public housing sites under the Rental Assistance Demonstration Program and that PHA may utilize MTW Block Grant funds to support the conversion; and, 2) Allow PHA to establish a flexible subsidy program for newly developed or acquiredpublic housing units, subject to HUD review and approval of each transaction.

Additional information regarding the proposed amendments is available from PHA. Copies are available for public review on PHA's website at: www.pha.phila.gov under the "Latest News" section or may be picked up at the following locations:

Housing Choice Voucher Program Office: 2850 Germantown Ave 1st & 2nd Floor

Scattered Sites Management Offices: 3417 Spring Garden Street, 1821 Vineyard St. 3226 McMichael St., 3218 Susquehanna Avenue, 400 W. Huntingdon St.

Public Housing Management Offices: **Bartram** - 5404 Gibson Drive, **Wilson Park** - 2500 Jackson St. **Raymond Rosen** – 2110 N. 23rd St., **Blumberg** - 2311 W. Jefferson St.

PHA residents, Housing Choice Voucher participants and the general public may attend and provide comments at the Public Hearing described below and/or submit written comments on these proposed actions any time during the comment period. The Public Hearing is scheduled for the following time and location: **August 27, 2013 10 a.m. until noon, 1100 Poplar Street Philadelphia, PA19123, Multipurpose Room.**

Only comments pertaining to the proposed actions noted above are being solicited. The comment period begins on August 6, 2013 at 12 noon and ends September 5, 2013 at 12 noon. All comments must be received by the end of the comment period. Please send your written comments to: **Philadelphia Housing Authority, Office of Policy, Research and Enterprise Planning, Attention: MTW Comment, 1606 Swain St., Philadelphia, PA 19130.**

The Public Hearing is being held in an accessible location. If you require assistance, sign language interpreter or other accommodations, please call 215-684-4000. Please use the AT&T Relay Service for TTY.

Philadelphia Housing Authority
Building Beyond Expectations

Opinion

JOHN BOLARIS
BOLARIS VISION

MISSION TO MARS

Most of us remember the "Honeymooners" quote that Ralph Kramden (Jackie Gleason) would shout to Alice (Audrey Meadows): "Bang! Zoom! Straight to the Moon, Alice!"

Well how about to Mars?

Yes, now anyone can actually apply for a one-way ticket to the Red Planet. The Mars One Project, a multibillion-dollar venture organized by a Netherlands group, is set to launch in 2023.

According to the application: "Mars One will establish a permanent human settlement on Mars. We invite you to participate by sharing our vision with your friends, and, perhaps, by becoming the next Mars astronaut yourself."

Quoted

"Leave me out, although my fiancée says I should apply. ... Hmm. Well, it is eight years of steady work."

Only 40 civilian astronauts will be selected this year, and then a final four will be selected and launched on a mission to Mars. Those chosen few are required to undergo eight years of training to learn medical and survival skills.

Already 100,000 hopefuls have submitted their applications with a video explaining why they would leave planet Earth, never to return again.

Leave me out, although my fiancée says I should apply. ... Hmm. Well, it is eight years of steady work.

Anyway, the four people selected will have the responsibility of establishing a permanent human settlement. Seems like a lot of work. Could be fun for a day or two, but then what? No Netflix, Facebook, Twitter, Instagram, Vine, texts, emails, concerts, ball games, etc. Perhaps if they populate enough, they can start their very own Martian team.

Go to the Mars One project site, Mars-one.com, and listen to some of the reasons why these future space cadets want to go to Mars.

Tweet us your reasons why you would want to go to Mars and I will pick the top four aspiring astronauts in next week's column. Tweet to @johnbolaris and @metrophilly.

Capt. Bolaris, signing off.

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Jabari Jr. may still happen: zoo official

Offspring. Before Jabari unexpectedly died on Friday, he may have preserved his legacy.

Jabari / PHILADELPHIA ZOO

Jabari may have planted his seed before his unexpected death.

The 28-year-old gorilla, who had started to mate with newcomer Kira in the hopes of starting a family at the Philadelphia Zoo, died Friday while under anesthesia for treatment.

Andy Baker, chief operating officer at the Philadelphia Zoo, told Metro Saturday that there is a possibility that Kira may already be pregnant.

"It's possible," Baker said. "(Kira) had been off contraceptives, it did appear that she cycled and there was reproductive activity, so it's possible that at the end of his life Jabari will still be a father."

"We won't know that for some time," he added, "And if that's the case, there is still a long road through gestations, which is about eight and a half months with gorillas."

Zoo officials said Jabari, a western lowland gorilla, was exhibiting loss of appetite and mouth or throat discomfort Thursday. Veterinarians at the zoo put him under anesthesia, during which he stopped breathing. Necropsy results are pending.

Jabari made headlines last week when primate officials said he and Kira, who was imported in June from Boston's Franklin Park Zoo, started mating.

TOMMY ROWAN
tommy.rowan@metro.us

Wissahickon bids farewell to friends

Yvonne Post and her daughter Deirdre Sheehy were offered good luck before taking their goat herd on the road to promote the use of goats as sustainable weed control. Post's furry friends chewed away meddlesome plants in Wissahickon Valley Park for five years. / RIKARD LARMA, METRO

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Violence

Man shot near subway stop

A man, 21, was shot about 2:15 a.m. yesterday on North Broad Street near the Logan station of SEPTA's Broad Street Line. Police said the victim was transported to a hospital in stable condition. METRO

Repeat offender

Del. man gets seventh DUI

Delaware State Police on Saturday arrested Darren McGrath, 59, for allegedly committing his seventh DUI after a trooper said he saw McGrath blow through a red light and smelled alcohol at a traffic stop. METRO

Infrastructure

Willow Grove bridge closed

Eastbound lanes of the Willow Grove Avenue bridge will be closed to vehicle traffic for about three weeks after a Streets Department inspection uncovered structural damage. Repairs are underway. METRO

Edward Snowden's father, Lon Snowden, said he is doubtful that his son would receive a fair trial in the United States. / GETTY IMAGES

Father, lawyer of Snowden set to make Russia visit

Fugitive. The inability to persuade Russia to return Snowden to the U.S. has curdled relations.

The father of Edward Snowden, the fugitive former federal spy agency contractor, has received a Russian visa and will travel there to see his son "very soon," the family's lawyer said yesterday.

Attorney Bruce Fein said in a television appearance that he and Lon Snowden were skeptical about President Barack Obama's pledge to limit government surveillance programs, and they remain doubtful that young Snowden can receive a fair trial in the United States.

"We have visas. We have a date, which we won't disclose right now because of the frenzy" over the affair, Fein told the ABC news program "This Week," on which they both appeared. They will travel to Russia "very soon," he said.

"We intend to visit with Edward and suggest criminal defense attorneys who have got experience in Espionage Act prosecutions," Fein said.

Lon Snowden told Reuters in an interview on Wednesday that he has not spoken to his son since the former National Security Agency contractor left the United States for Hong Kong, just before news broke in June of the disclosures he made about the covert surveillance programs. **REUTERS**

Quoted

"The only deal will be true justice."

Lon Snowden
repeating his concern that his son won't be treated well because his right to a fair trial has been compromised by public criticism from U.S. officials.

Colorado rains

One dead, two missing in flood and mudslide

A 53-year-old man was killed and two people were missing in Colorado after floodwaters and a mudslide triggered by torrential rains roared down mountainsides stripped of vegetation by a wildfire, authorities said.

The man was found dead Saturday on the side of a highway that leads up to the 14,000-foot Pikes Peak. **REUTERS**

Reunion. Kidnapped California teen to meet with her father

A California teenager rescued from the Idaho wilderness after an FBI agent shot and killed her suspected abductor was expected to be reunited with her father yesterday, authorities said.

Hannah Anderson, 16, was airlifted on Saturday evening from an alpine lake in west central Idaho after a rescue in the rough terrain of the Frank Church River of No Return Wilderness that culminated in the death of her kidnapper, James DiMaggio, 40.

The FBI rescue came after a two-day manhunt by more than 150 law enforcement agents in the rugged mountains for DiMaggio, who was wanted in the killing of Anderson's mother, Christina Anderson, 44, and her brother Ethan, 8. **REUTERS**

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Combat deaths

Three soldiers killed in eastern Afghanistan

Three U.S. soldiers were killed in Afghanistan's eastern borderlands yesterday, U.S. and NATO officials said, marking the first NATO combat deaths this month.

The soldiers, from the NATO-led International Security Assistance Force, were killed by insurgents in Paktia province, a U.S. official told Reuters. Paktia is one of several provinces that border Pakistan and have endured some of the highest levels of fighting during the U.S.-led 12-year war in Afghanistan.

U.S. soldiers based in Paktia are rarely involved in combat operations after handing over security responsibility to Afghan security forces earlier this year. They now primarily train their Afghan colleagues. REUTERS

US condemns Iraq bombing wave as new violence kills seven more

Killings. Violence has raised fears that Iraq could relapse into the sectarian bloodbath of 2006-2007.

Iraqis inspect the remains of houses after a suicide bomber detonated an explosives-rigged vehicle in the northern city of Tuz Khurmatu. / GETTY IMAGES

Gun attacks and a bombing killed at least seven more people in Iraq yesterday, police said, after a day of carnage aimed mainly at Shi'ite Muslims celebrating the end of Ramadan.

The United States condemned a wave of car bombings, which police and medical sources said killed nearly 80 people across Iraq on Saturday, saying those who had attacked civilians during Eid al-Fitr festivities were "enemies of Islam."

Bombs tore through markets, shopping streets and parks late on Saturday as Iraqi families were out celebrating the end of the Muslim fasting month.

Iraq's Interior Ministry said media reports about the attacks had been exaggerated in a way that would give a morale boost to attackers. It said 21 people had been killed across Iraq in the multiple attacks and that a recent security crackdown called "Avenge the Martyrs" had been effective.

Eighteen months since the last U.S. troops withdrew, Sunni Islamist militants have been gathering force in their insurgency against Iraq's Shi'ite-led government.

The civil war in neighboring Syria has aggravated tensions and the Interior Ministry said last month it was facing an "open war."

Reward

$10M

The State Department said Saturday's attacks bore the hallmarks of al Qaeda's Iraqi branch. It reiterated that it was offering a $10 million reward for information leading to the killing or capture of Abu Bakr al-Baghdadi, the AQI leader.

"The United States condemns in the strongest possible terms the cowardly attacks today in Baghdad," the State Department said. "The terrorists who committed these acts are enemies of Islam and a shared enemy of the United States, Iraq and the international community."

It said the United States would work closely with the Iraqi government to confront al Qaeda and discuss this during a visit of Foreign Minister Hoshiyar Zebari next week to Washington. REUTERS

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2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Bill Maher is getting out of town and Lena Dunham didn't realize how thin her boyfriend is.

@billmaher: I'm leaving for a real vaca. To an island. If u dont hear from me in a week im off the grid! 2 wks call for help, Putin's got me!

@lenadunham: Grabbed boyfriend's shorts for a slouchy cool dog-walking look and couldn't fit them over my butt

1 Keeping up with the Kardashians

Just in case you needed to know what is up with American's favorite Armenian family, it looks like Kourtney Kardashian has some 'splainin' to do.

On Thursday, Michael Girgenti, a professional model, filed a paternity suit in Los Angeles County Superior Court saying that he had a one-night stand with Kardashian. That wouldn't be so noteworthy, except he is saying her son Mason is actually his and not Scott Disick's.

Kardashian's lawyer, Shawn Holley, said in a statement that Girgenti's accusations are "false and defamatory."

Meanwhile, sis Kim is still refusing to sell pictures of baby North West. TMZ is reporting that the

KOURTNEY KARDASHIAN
WIREIMAGE

she and baby daddy Kanye West have been offered upward of $3 million for pictures of the tot, but they have declined all offers. Per the website, Kim and Kanye are either going to release them to an upscale publication (Vanity Fair is one name being thrown around) or they are going to put them up on social media, a la Blue Ivy.

4 Kevin Federline is married again

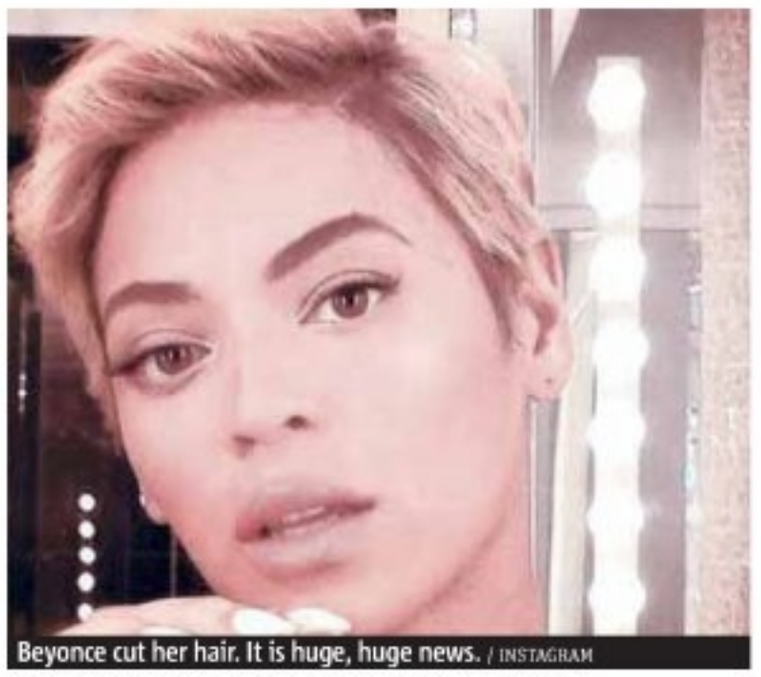
Kevin Federline, the pop culture punching bag of the aughts, was married in a surprise ceremony to longtime girlfriend Victoria Prince on Saturday in Las Vegas.

The ceremony, which sounded like the definition of high-brow, occurred at the Hard Rock Hotel in Las Vegas with their 1-year-old daughter Jordan Kay in attendance.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us



Beyonce cut her hair. It is huge, huge news. / INSTAGRAM

2 ICYMI: Beyonce's new hair

In what became headline news over the weekend, Beyonce Knowles shockingly cut her hair and posted photos of it on Instagram. I know — it's surprising the world didn't fall off its axis. Within hours, it was the cut-heard-round-the-world with A-listers gabbing about the pixie-do on Twitter. Ellen DeGeneres joked, "If you had trouble telling me and @Beyonce apart before…" Emma Watson wrote: "Nearly got out my scissors this morning after seeing @Beyonce's pixie cut."

3 Chris Brown suffers seizure

What was the cause behind Chris Brown's seizure on Friday? The short answer is, "Us!"

The embattled singer was felled by a seizure on Friday in a L.A. recording studio. It was so bad, 911 was summoned — but Brown refused treatment by the time the EMTs arrived on the scene. On Saturday, Chris's rep said the seizure was triggered by "intense fatigue and extreme emotional stress, both due to the continued onslaught of unfounded legal matters and the nonstop negativity."

Can someone get Deepak Chopra on the line for this guy? I feel like Brown needs some spiritual enlightenmet, STAT.

Talking points

Oprah Winfrey's 'Pretty Woman' moment

Even Oprah Winfrey isn't safe from discrimination, as she learned while shopping for a handbag in Zurich recently. Winfrey tells Entertainment Tonight that when she asked a clerk at the chic Trois Pommes boutique to see a $35,000 Tom Ford bag, the clerk refused. "She says to me, 'No. It's too expensive,'" Winfrey remembers. "'That one will cost too much and you will not be able to afford that.'" A spokeswoman for the boutique calls the episode "an absolute misunderstanding," saying the problem was the clerk did not recognize Winfrey. That raises the question — who doesn't recognize Oprah Winfrey?

Vaughn welcomes son

Vince Vaughn is a dad once again. The star and his wife welcomed their second child, a boy, last week, according to Us Weekly. Vernon Lindsay Vaughn joins 2-year-old big sister Locklyn Kyla Vaughn. Vernon arrived weighing in at 8 pounds, 4 ounces.

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Celebrities. How the beautiful people did the weekend

1 **Vanessa Hudgens** visited "Late Night With Jimmy Fallon" on Friday night.

2 **Mike Tyson** showed he wasn't so scary at the Nevada Boxing Hall of Fame induction gala on Saturday in Las Vegas.

3 **Miley Cyrus** popped up at the premiere of "Paranoia" on Thursday in Hollywood.

4 **Jamie Foxx** and **Holly Robinson Peete** attended the 13th annual Harold & Carole Pump Foundation gala on Friday night in Beverly Hills.

5 **Georgia Ford**, **Harrison Ford** and **Calista Flockhart** were also at the "Paranoia" premiere.

6 **Gwyneth Paltrow** did the Hampton's scene on Saturday.

GETTY IMAGES

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Classist film shares the cash

Box office. Matt Damon (narrowly) beats drug dealers, talking planes and sea monsters.

Pablo Cantillo and Matt Damon want to leave Earth in "Elysium."
STEPHANIE BLOMKAMP

Matt Damon's futuristic thriller "Elysium," the story of an elite space outpost locked in battle with poor invaders from a ruined Earth, won a crowded box-office race among four new films at U.S. and Canadian theaters over the weekend.

"Elysium" grabbed $30.5 million in domestic ticket sales from Friday through Sunday, according to estimates from distributor Sony Pictures. The movie added $10.9 million from 17 international markets, for a combined global opening of $41.4 million.

"Elysium" edged the Jennifer Aniston comedy "We're the Millers," which took in $26.6 million, while "Planes," a spin-off of Walt Disney Co.'s Pixar franchise "Cars," took off with $22.5 million at domestic theaters, finishing in third.

Top 5 earners

1. **'Elysium'** $30.5 million
2. **'We're the Millers'** $26.6 million
3. **'Planes'** $22.5 million
4. **'Percy Jackson: Sea of Monsters'** $14.6 million
5. **'2 Guns'** $11.1 million

The other newcomer, fantasy movie "Percy Jackson: Sea of Monsters," landed fourth with $14.6 million.

Action movie "Elysium" came in at the low end of pre-weekend forecasts for a debut in the low $30 million range. The movie portrays two distinct worlds in the year 2154: one on Earth, one in space.

Finishing fifth for the weekend, action movie "2 Guns," starring Denzel Washington and Mark Wahlberg, took in $11.1 million. REUTERS

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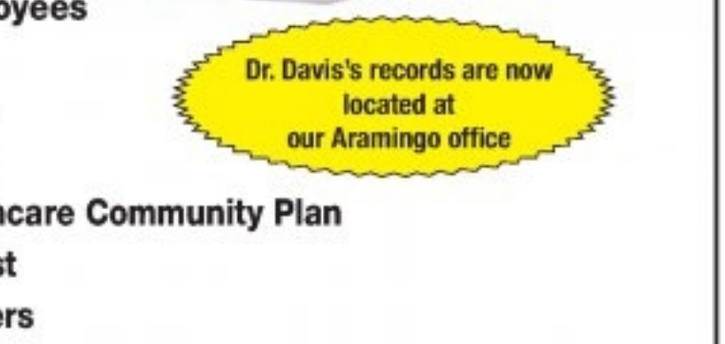

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TV watch list

REALITY

'Catching Up With the Girls of Teen Mom 3'

In the realm of exploitative reality TV, all else pales next to MTV's "Teen Mom," which documents the pregnancies and subsequent depressing lives of largely underprivileged and uneducated young girls. In this special, the smarmy Dr. Drew catches up with the moms from the show's third season (someone stop this, please), premiering Aug. 26. **11 P.M., MTV**

REALITY

'The Real Housewives of Orange County: Reunion'

In the first of a two-part reunion special (there are just so many important matters to discuss that they can't fit it all into one hour!) the OC ladies rehash all their old drama. We're anticipating much heaving of wrinkled, surgically enhanced decolletage, sobbing and shrill, nonsensical screaming. **8 P.M., BRAVO**

Well, at least the "Teen Mom" spawn are super cute. / MTV

SPECIAL

'MythBusters: Breaking Bad Special'

As virtually the entire country readies themselves for the collective period of depression we're all going to fall into following the end of "Breaking Bad," MythBusters heralds in the very last season with a special that investigates the chemistry of some of the show's most intense episodes. **10 P.M., DSC**

ALEXANDRA CAVALLO

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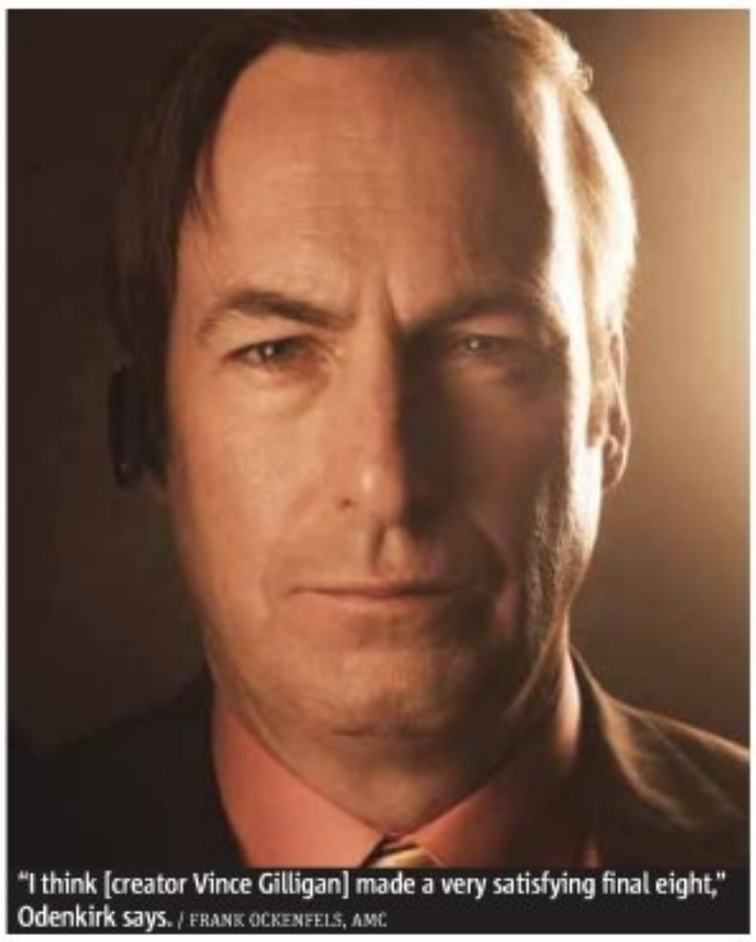
Who ya gonna call? Saul Goodman

TV. Bob Odenkirk is ready for a "Breaking Bad" spin-off.



"I think [creator Vince Gilligan] made a very satisfying final eight," Odenkirk says. / FRANK OCKENFELS, AMC

Fans of "Breaking Bad" know that killing off major characters is nothing new to the series. And anyone who thought Bob Odenkirk's character, the sleazy lawyer Saul Goodman, would get axed before the final eight episodes is in good company.

"I kept waiting for them to fit me for a severed head," Odenkirk tells us. "But they never did — they just didn't want to spend money on that much wax for the size head that I have," he jokes.

Odenkirk has made it to at least this point in the series, and there's talk about a possible spin-off for his character after the show draws to a close. But we'll let the man himself tell you more about that, as well as how much he knows about the crooked counsel's final "Breaking Bad" moments.

Everyone has high expectations about this last season. How do you feel leading up to it?
Once I finish shooting it I feel just like you do, where I can't wait to see it. Even though the script has everything in it — all the visuals, all the moments — it's still always a surprise when I watch it. It still gets me just like it gets any audience member. … I know I'm gonna be going crazy every week, waiting for the next one.

Do you know how Saul's story ends?
Well, I like to think it doesn't end. … I don't know how Walter White's story ends. Even though I know everything that leads up to it, I just don't know the choices he makes in the final episode.

MEREDITH ENGEL
meredith.engel@metro.us

Saul's future

Spin-off talk

So if Saul's story doesn't end, what's all this talk of a spin-off?
Yeah, you're on to something. [Laughs] You know, look, for some reason people feel great affection toward Saul Goodman. They like him and they want him to carry on. I don't know, Vince Gilligan should answer that question, or Peter Gould maybe — Peter's one of the writers who wrote the first episode Saul appeared on. But you know, in his defense, he's been completely, 100 percent focused on finishing this show and making it satisfying for the fans, and from what I think he hasn't had a lot of time to flesh out any idea he has for a Saul Goodman spin-off. But I do believe that when he says he has an idea for it, I think he's a pretty serious guy when it comes to that kind of talk, unlike a lot of people in show business. If he says he's thinking about it, that's a more real thing than 90 percent of the stuff you're hearing.

So you would be down for a spin-off?
If Vince writes it I will show up on Day 1.

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Don't let the heat stop you from meeting your fitness goals: Philadelphia Sports Club is opening its facilities to nonmembers any day between now and Aug. 31 that the temps rise above 90 degrees. "When the temperature reaches over 90 degrees, it is not safe for people to work up a sweat outside," company VP Chris Ruta says.

Zen In The City

GABRIELLE BERNSTEIN

WWW.GABBYB.TV

Gabrielle Bernstein is the author of "Spirit Junkie."

HOW TO MAKE YOUR POSITIVE INTENTIONS LAST FOR GOOD

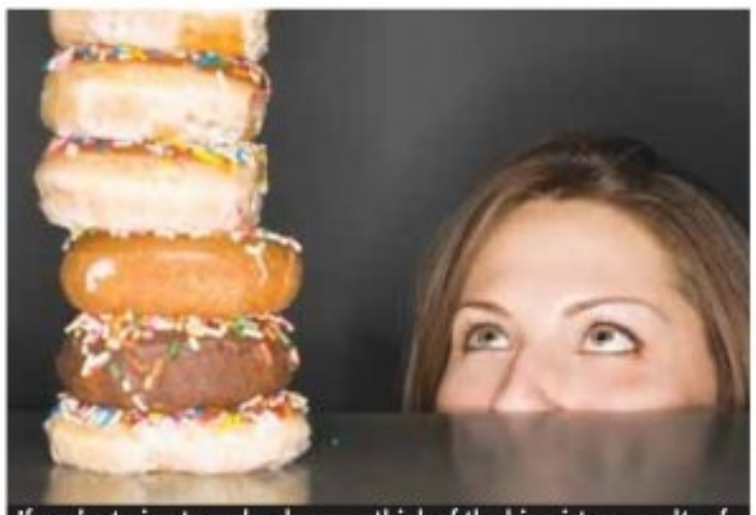
Often, spiritually guided, inspired moments in our lives end up being just … moments. In other words, despite your excellent intentions, you cleanse and then go right back to eating office cupcakes. You work out for a month and then stop moving at all. You plan to cut off a toxic relationship and then, in a moment of weakness, text that person you know is bad for you. Why?

The truth is that living a healthy, miraculous life requires real commitment and practice. Without it, even your most soul-directed intentions may falter.

The right tools make these moments more of a mind-set. Try these tips and practices that I created and use all the time.

Practice radical forgiveness

When we slip up, we often enter a cycle of guilt that sabotages our progress even more. What if you could learn to forgive yourself on the spot? Forgiveness is a choice you make. Next time you judge yourself for falling off the wagon, simply say, "I choose to forgive myself now." Then relax into that commitment. You can also try to catch yourself in the act of self-attack. In those moments, redirect your energy by focusing something you do like about yourself.



If you're trying to make changes, think of the big-picture results of your actions. / BRAND X

When in doubt, play it out

It's easy to forget about the long-term consequences of small choices, especially when temptation (say, a jumbo frosted cupcake) is right in front of you. But playing out the entire story from start to finish can help you see the bigger picture. For example: After you eat the cupcake, a sugar headache sets in and you've added some unwanted calories to your day. Doesn't sound so fun after all, right? If you take the time to play out the entire scenario, you can talk yourself out of making a mistake. Use this tool whenever you find yourself enchanted by something that ultimately is not good for you.

Work on willpower

When it comes to self-discipline, the words "don't" and "can't" come up a lot. Though the words can be used interchangeably, they hold much different power. A recent study done by researchers at Boston College and the University of Houston shows that replacing the word "can't" with "don't" can help you change negative patterns. The reason? "I don't do that," it is an empowering sentence, versus, "I can't do that," which isn't.

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Same school, different experience

Class. College isn't the same for all races, a study finds.

Black students in a recent study said they felt they were treated differently in classes. / GETTY IMAGES

When Russell Lowery-Hart was a professor at West Texas A&M University, his adopted son was attending the very same institution. And at least as far as appearances go, the father-son relationship was somewhat unusual in West Texas: Lowery-Hart is white and his son is African-American.

"He would talk about his experiences, and they were just so different from what I thought they would be," says Hart, who now works at Amarillo College. "I wanted to explore and understand what it meant to be an African-American student at colleges similar to the one we were at."

Soon, Hart launched a qualitative study to do just that. His small team of researchers focused on three major U.S. college campuses — two public, one private. In total, 87 African-American students participated over a five-year span, taking part in lengthy interviews and discussions.

Hart quickly discovered many common themes developing in the experiences the students related to him. Three in particular, he says, stood out.

Students were regularly frustrated when professors put them on the spot during discussions related to black culture. They often felt they were expected to speak for the entire black experience.

Secondly, during freshmen orientation, students reported being pulled from the larger group to receive a more specific African-American orientation. Almost all the students felt this approach highlighted their difference in a negative way.

Lastly, the study found that students had profound struggles adapting to their predominantly white campuses. They often experienced severe push back from their families over this issue. The completed study, "Understanding the African-American Student Experience in Higher Education Through a Relational Dialectics Perspective," is already making waves in higher education.

"A lot of the literature around this topic frames this from an either-or mentality, as if students either want to be included or they want to be separate. But it's far more complicated than that," explains Lowery-Hart. "What we've discovered is that students want both. They want to honor their past and embrace their future."

BRUCE WALSH
letters@metro.us

By the numbers

Enrollment of African Americans at U.S. colleges and universities:

- **1976:** 9 percent of total student body
- **2010:** 14 percent of total student body

Source: National Center for Education Statistics

Q&A

NICK GILYARD
CLINTON LEWIS

First-hand experience

Nick Gilyard will be returning as a senior to Western Kentucky University in Bowling Green, Ky. He is a leading member of WKU's champion forensics team.

Do you feel singled out in class for your black experience?
Absolutely! If I'm in a class and there's a question related to African Americans in any way, my classmates almost always look at me as if I have the answer.

How does race affect you on campus?
We get safety emergency alerts and the description is usually vague: "6-foot black male in jeans." I've noticed in the aftermath of [those] texts that people walk faster in front of me, or avoid me. But luckily I haven't been confronted with blatant racism.

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Clean the dorm disaster area

Petri dish. Keep your room germ-free and stay healthy.

The general chaos and messy mayhem of a college dorm is the stuff of legend. With so many people living away from the people who told them to pick up after themselves, the laundry piles up, counters are sticky with beer and getting sick is a part of life.

Robin Wilson has been head of her eco-friendly design firm, Robin Wilson Home, since 2000. Here she names the products for students getting ready to move into their cinder block palaces this fall.

Mattress pad

It's no "princess and the pea" fussiness that makes a mattress pad vital to college students, Wilson says. "Who knows how many people have slept on that mattress before you. And more importantly, we spend one third of our lives sleeping — shouldn't your face be near something that you can keep clean?"

A water bottle

Students who want to help their health (and their budget) should invest in a water bottle. Her favorite brand is Klean Kanteen water bottles, because they don't leak and can be used for hot or cold liquids. "Students aren't going to have a huge budget to buy bottled water, and they can refill at water fountains around campus," she says.

Toothbrush sanitizer

A lot of people use the bathroom in the dorms. It's important, Wilson says, to keep your toothbrush safe from microbes and gross bacteria. Wilson recommends a charcoal-filtered toothbrush sanitizer. It snaps over the bristles and keeps things clean — she's tried it herself. "I used it last winter and didn't get a single cold," she says, adding that the sanitizer protects bristles from mishaps on the way to the bathroom. If the toothbrush is dropped, only the clip-on sanitizer touches the ground.

JULIA FURLAN
julia.furlan@metro.us

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Cutting down on germs means you might get to skip the next floor-wide outbreak of the flu. / ZOONAR RF

Common core. Study shows schools struggle to keep up

Common Core testing might not help struggling schools. / PHOTODISC

States that have adopted a stricter, standardized schools curriculum are having difficulty finding the resources to support the more rigorous requirements, a study released last week shows.

Of the 40 states that adopted the Common Core State Standards, 34 reported trouble finding adequate funding to support the stringent activities the curriculum entails, said the survey by the Center for Education Policy at George Washington University.

"Finding adequate resources is the main challenge looming over states' efforts to prepare districts, schools, principals and teachers for the Common Core," said Diane Stark Rentner, deputy director of national programs for CEP and author of the study.

Nearly all the states that adopted Common Core, an initiative that is designed to lead to national standardized English and math tests for kindergarten through 12th grade, are complying with the curriculum, the study found. REUTERS

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How to hack your commute the smart way

The commute to and from work can seem like the longest part of your day, especially if you're tired on the way in and more tired on the way out. It's easy to squander this time staring off into space, but you'll feel better in the long run if you spend your commute productively. **MEGHAN GRAVES**

1 Remember that trains don't wait

If you don't have a firm routine in the morning, you can find yourself struggling to pull yourself together and get out the door. This pattern of behavior can not only make you miss your train, it's also a great way to forget important things at home.

So, remember: Trains do not wait. Period. Missing your train only adds more time to your commute, so plan accordingly!

Hint: Creating a morning routine will save time and result in a less-panicked you.

See more at www.metro.us

2 Read a book

Immerse yourself in a great novel and time will fly by.

If you find a particularly engaging book, you'll be able to escape into your own world, despite being surrounded by 1,000 fellow commuters.

Try reading the same book as a friend or co-worker, and chat about it when you get the chance. Turn your commute into a mini book club!

Hint: Don't read paperwork or documents from work, if you can help it. (And don't forget your first love: Metro newspapers!)

3 Get caught up

Living in a world built around technology makes it easy to get things done without sitting at a desk. Starting projects, reading the news, paying bills and making appointments are all things that need to get done.

Why not start your to-do list on your commute?

Hint: Be careful what information you display on your screens when you're surrounded by strangers.

4 Do nothing

You can survive with no cell phone, no music — nothing. Some days the most productive thing to do is let your body catch up with life.

There are lots of different practices and exercises designed to help you get in touch with your own thoughts and feelings, and there's a good technique for everyone.

Hint: Is chilling out not really your cup of (green) tea? Try closing your eyes and concentrating on your breathing. Do nothing else. It's both more difficult and more relaxing than you might expect.

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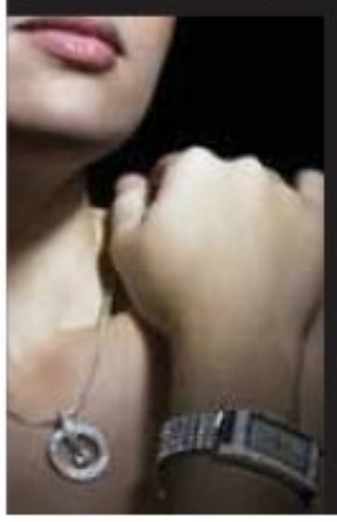
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Horoscope

♌ Leo | July 23-Aug. 22. You'll have plenty to discuss with someone who shares your concerns and interests. Take care of your domestic responsibilities.

♍ Virgo | Aug. 23-Sept. 22. Share important news only with people you trust. Serious plans will turn into an even greater opportunity.

♎ Libra | Sept. 23-Oct. 22. Overreaction will lead to emotional upset and anger. Compromise in order to keep the peace. Don't hesitate to call in a favor.

♏ Scorpio | Oct. 23-Nov. 21. Jump into action and take on a challenge with all your heart and might. An intense and creative approach will bring positive results.

♐ Sagittarius | Nov. 22-Dec. 21. Good fortune is heading your way. Investments will help you to make domestic changes.

♑ Capricorn | Dec. 22-Jan 20. Do whatever you can to get ahead. Update and upgrade your methods in order to fill a position that will bring you greater rewards.

♒ Aquarius | Jan. 21-Feb 18. Consider how you can use your talents to help you solve a problem or pursue a project. A shrewd partnership will help you achieve your goals.

♓ Pisces | Feb. 19-March 20. Let your imagination wander and wonder. Explore any possibilities that will allow you to expand hidden assets.

♈ Aries | March 21-April 20. Listen to what others have to say and consider how to incorporate your own goals while satisfying the needs of your colleagues.

♉ Taurus | April 21-May 21. Travel and educational pursuits will bolster your achievement. Physical activity will improve your health and mood.

♊ Gemini | May 22-June 20. A change will do you good. Talk over any alterations. You will meet with support and assistance.

♋ Cancer | June 21-July 22. Socialize with people who can benefit from your hospitality and generous nature. Fix up your surroundings and you'll have a better environment.

BERNICE BEDE OSOL

Sudoku: Easy and hard

		8			1	7		
				6			8	
7	3			5				4
		4	2			8	6	1
			8		7			
8	5	9			3	4		
6				2			4	3
	1			7				
		5	3			2		

			7					
9	7			6	5			2
				9	8		3	
		4	6		7		9	5
	1						7	
7	2		5		4	6		
	8		3	7				
1			2	5			8	3
					6			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Reform is needed

Republicans and Democrats in the Senate deserve praise for passing immigration reform with a pathway to citizenship for nearly 11 million Americans. The House should be next. I think this is unacceptable to the millions of immigrants who want citizenship. The path to citizenship already has the support of a majority of the House. My father came to this country as a 13-year-old orphan. Through hard work, he was able to earn enough money to become a permanent resident. I am the first woman in my family to go to college. Even with all of my education, gaining citizenship is still a complicated process.

ALTINAY CORTES, VIA EMAIL

Oprah is too naive

Re: 'Oprah: No one is going to call me the N-word' (Metro, Aug. 7) Oprah Winfrey says that no one will call her the N-word. What she doesn't realize is that she is being called the N-word every day by someone in America. In fact, someone in the audience called her a "monkey" on her talk show, early in her career when the show was in Baltimore.

ALPHONSO MONTGOMERY, VIA EMAIL

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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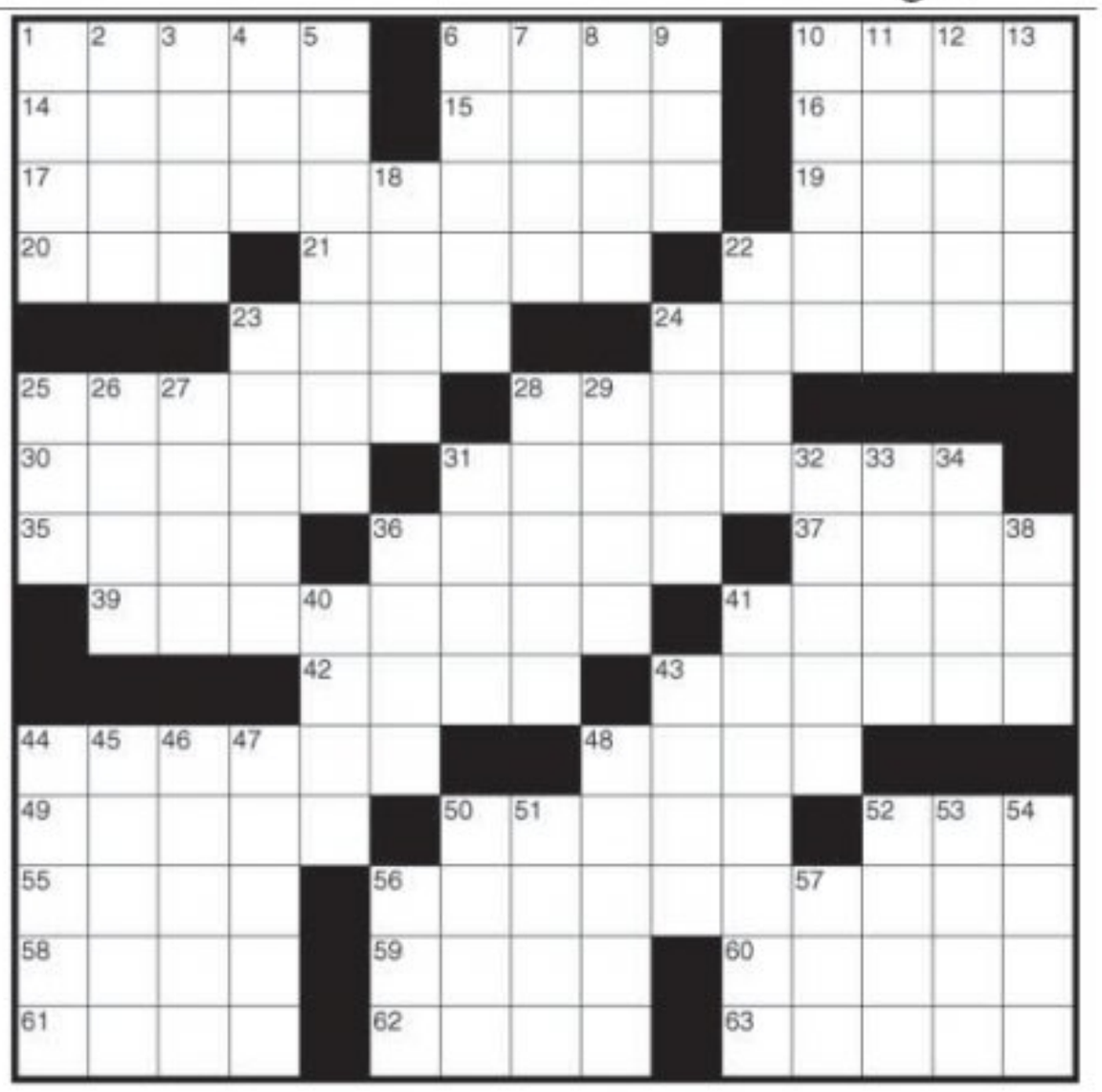
Crossword

Across

1 Inca temple city— Picchu
6 Ancient Dead Sea kingdom
10 Veal source
14 Bounding main
15 Cooked just slightly
16 Fridge stick
17 Camera part
19 Wheedle
20 MS readers
21 Skyscraper part (hyph.)
22 Long-tailed animal
23 Poles' connector
24 Spurred on
25 Incredibly foolish
28 Volvo rival
30 Furrier's stock
31 Hype
35 Offensive
36 Pond growth
37 "Oh, gross!"
39 Soothes
41 Sauce with basil
42 Dice throws
43 Lewd
44 Pale
48 — Hari (Garbo role)
49 Scarlett's mother
50 Waterfall
52 "Most Wanted" org.
55 Mongolia's — Bator
56 Kitchen appliance (2 wds.)
58 — Valley, Calif.
59 Iowa, to Jacques
60 Wild disturbances
61 Madonna ex
62 Garr of "Tootsie"
63 Late hours

Down

1 Pick up and go
2 Tart
3 So-so grades
4 Half a bray
5 Detaches
6 Fish-eating birds
7 Art movement
8 Provo neighbor
9 Mal de —
10 Hot drink
11 Not silently
12 New car option
13 Outwitted
18 Footnote abbr.
22 Half a Melville title
23 Cortes foe
24 Squall
25 ER practice
26 Stay in the army (hyph.)
27 Tynan portrayer
28 Philosophers
29 Anguished wail
31 Crepe cousin
32 Safari sight
33 Depose
34 Numerical prefix
36 Not many (2 wds.)
38 "— -Tiki"
40 Lay — —thick
41 Sewing aid
43 Room divider
44 Kiddie-lit author
45 Kate's TV friend
46 Andes ruminant
47 Trotsky contemporary
48 Civilian dress
50 Jade
51 On the horizon
52 Wannabe prince
53 "— Sides Now"
54 Part of M.I.T.
56 Squishy
57 Square root of IX



Weekend's answer

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3 SPORTS

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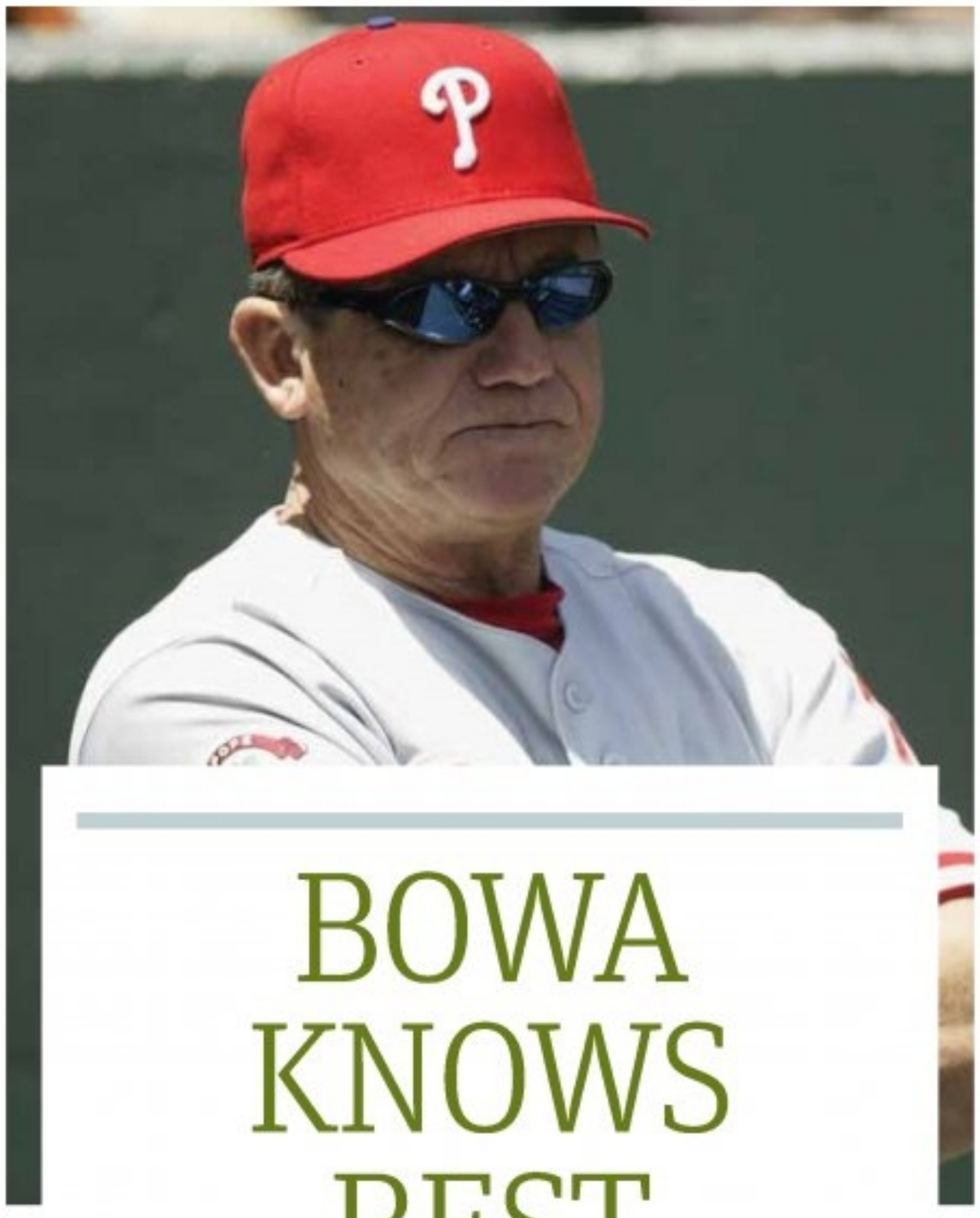

BOWA KNOWS BEST

Former Phillies skipper turned MLB analyst Larry Bowa chats about the current state and future of the ballclub.

SPEAKING UP

Baseball analyst Larry Bowa took some time to break down the Phillies for Metro. The former shortstop and manager detailed what's wrong with the team, and whether there is hope for the 2014 season.

How much fun was it coming back for the alumni weekend?
It was great. I never moved away. I'm still in the area. I love it there. But regarding the reunion, it was fun. Nobody expected anything from that '93 team. Dutch [Darren Daulton] looked great over that weekend when he came back. He's going through some tough times.

What's wrong with the current Phillies team?
Underachievement and injuries. Ryan Howard is a huge bat to lose. Losing [Roy] Halladay in the rotation is bad. [Cole] Hamels having a rough season hasn't helped. Looking past injuries, the style of play is not good. They make a lot of mistakes. They don't play according to the scoreboard. You're down by five runs, you go one base at a time.

Their inability to score from third base has really hurt them, right?
Agreed. When the infield is back, hit it in the middle of the field and get the run home, and they haven't been able to do that. Maybe it's a selfish thing. You can't accept losing. It doesn't seem like there is a sense of urgency. I don't care if you're 20 games out. You have to hustle.

Is it time for a change with the manager and coaching staff?
Baseball is a funny game. It's the same manager that won a World Series and all those games. When do players look in the mirror and take responsibility? Managers get fired. It's a fickle game. The Phillies need their core players to play better.

What do you think about Chase Utley's contract extension?
He's shown that the knees are not an issue. He's swung the bat exceptionally well. You need him out there 130 games at least. He'll be productive if he can play 130. It's a risk but he can give you so much with the bat. He has great baseball instincts, which you can't teach.

What do you make out of Jonathan Papelbon's negative commentary?
First off, Papelbon looks real short [with velocity]. He's still relatively young. I think he can get it back on the mound. But it was terrible when he popped off about how this is not what he came here for. You don't say that to the media. You can say that to a teammate. You don't say that to the press. Nobody comes to a team to lose.

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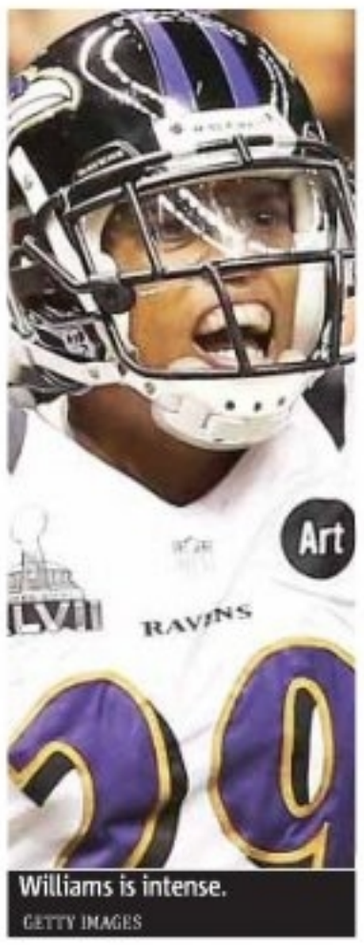
Nobody fears the Eagles' defense

NFL. Cary Williams defends picking fights in practice, sends message to teammates and coaching staff.



Williams is intense.
GETTY IMAGES

Cary Williams might have rubbed some people the wrong way with his comments. Hopefully, he helped ignite a fire under his teammates, too.

Williams defended himself for picking a fight with a Patriots player at practice last week. Eagles coach Chip Kelly removed him from drills after he got into a shoving match with rookie Aaron Dobson.

"It definitely would have been a different situation if it was in Baltimore," said Williams, who helped the Ravens win a Super Bowl last season. "It wouldn't have been a fun practice, I'll tell you that. It wouldn't have been a fun practice for the Patriots."

The cornerback's comments were met with slight objection by his new coach. When informed of Williams' remarks after yesterday's practice, Kelly seemed to take issue. The Eagles are here to play football, not start street brawls.

"There is a certain way you're supposed to play this game and it's between the whistles," Kelly said. "The stuff after the whistles is not what you're looking for. Our players knew that and Bill [Belichick] was the same way, one of the reasons we wanted to participate against the Patriots is we knew this wasn't going to turn into a WWE brawl. Because that's not what it is. It's a game of football."

But maybe Williams has a point. The defense has lacked a nasty edge since Brian Dawkins left town. Williams said he spoke to Dawkins about that exact thing. The two agreed that no one fears the Eagles anymore.

"We have to establish a tenacity," Williams said. "A tough-nosed defense, something that's to be feared when it comes out there each and every week."

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The Soul are headed back to the ArenaBowl. Even better, they'll get a chance at redemption against the team that topped them in last year's title game: defending champion Arizona.

Larry Brackins scored two touchdowns in the conference title game. / GETTY IMAGES

Philadelphia advanced to its second straight ArenaBowl Saturday, Aug. 10, by beating Jacksonville, 75-59. The Soul will face the Rattlers this Saturday in Orlando.

"I am very proud of this entire team," said coach Clint Dolezel. "They came to play in all phases of the game, and we are proud to bring back-to-back American Conference championships back to Philadelphia."

Dan Raudabaugh led the offense by connecting on 18-of-27 passes for 220 yards and eight touchdowns. Ryan McDaniel led all Soul receivers with seven receptions for 88 yards and two scores, while Tiger Jones had six catches for 68 yards and two touchdowns.

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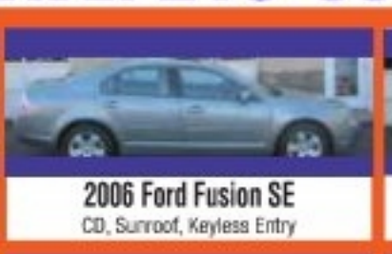
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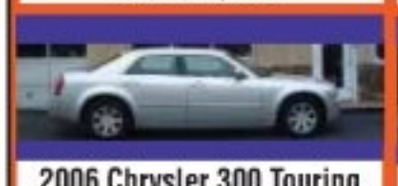
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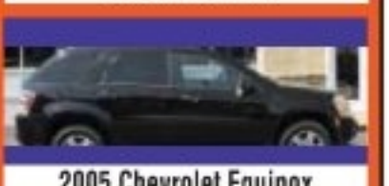
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Miscellaneous

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